Concessions - Grains

Some Healthy Options

* Try for < 200 calories/serving
* Use whole grain products when able (first ingredient says “whole”)
1. Baked chips
2. Fat – free pretzels
3. Popcorn – see healthier popping instructions
4. ½ bagel or mini bagels
5. Goldfish crackers
6. Graham crackers, animal crackers, vanilla wafers
7. Dry whole-grain cereal
8. Instant oatmeal
9. Granola bars
10. Tortilla chips and salsa
11. Low fat muffins
12. Try whole grain buns for subs, burgers, etc
13. Pita chips and hummus

Ideas:

* Serve cereal with milk
* Serve graham/animal/vanilla crackers with applesauce or vanilla yogurt
* Try an “Oatmeal Bar” with toppings to add
* Serve granola cereal with yogurt and fruit for parfait